

**Social Eco Innovative Trust activity**  
**Report**

**एक दिवसीय निःशुल्क स्वास्थ्य शिविर**



One Day Free Medical check-up and Health Promotion Camp  
Organized at

**Social Eco Innovative Trust**  
**(SEIT Nepal)**

Bagchauda-9, Belhi, Dhanusha, Nepal  
**20-08-2016 (Saturday)**

Inaugurated By  
**Mr. Amit Shah**  
**Chairman at SEIT Nepal**

At 8:00

## ACKNOWLEDGEMENT

The SEIT Nepal organized a Free Health Camp on 20-08-2016 at Bagchauda-9, Belhi with the aim to provide rural health promotion program and screening of various diseases. It has been completed with suggestions, help and directly or indirectly support from many people. Therefore I would like to thanks to all who have attributed to this Free Health Camp.

First and foremost the SEIT Nepal management wishes to convey sincere appreciation to the Doctors, Nurses, Interns, Volunteers and other staffs for their generous contribution, valuable time and co-operation during the period of conducting this Free Health Camp without which this Health Camp would not have been successfully accomplished.

Our warm and heartfelt gratitude is reserved to BGN for their sustained guidance, encouragement, valuable suggestion and support in conducting this Free Health Camp.

The SEIT Nepal management has great delight to express sincere thanks to the District Public Health Office, Dhanusha for providing support in conducting the Free Health Camp.

Finally our sincere acknowledge goes to all those who worked without rest at recording, reporting, analyzing and completing this Free Health Camp and submit report on time.

Omission of the names does not mean that the help of other persons are under estimated. So, I would like to apologize if I have inadvertently omitted anyone to whom acknowledgement is due.

## **INTRODUCTION**

Health care programs leave a significant impact in terms of providing better health care to the marginalized sections of our society, especially children in the villages.

In this connection the SEIT Nepal organized a Free Health Camp on 20-08-2016 at Bagchauda-9, Belhi and it was a huge success.

This report reflects information about the disease - prevalence in that area. The report not only identified the collected data about health problems in the community but also advised them various medicines, consultation and health teaching during the camp.

The information provided in this report will be of great help to the community people as well as the organization for planning on the next health camp which will be held in next month.

Finally, we hope that this report will be of enormous help in quickly improving the health condition of this area.

# TABLE OF CONTENTS

<b>CONTENT</b>	<b>PAGE NO.</b>
➤ COVERING PAGE	I
➤ ACKNOWLEDGEMENT	II
➤ INTRODUCTION	III
➤ TABLE OF CONTENTS	IV

## TABLE OF THE CONTENTS

<b>TITLE PAGE</b>	<b>PAGE NO.</b>
➤ <b>THE SILENT FEATURES OF THE CAMP</b>	<b>1-7</b>
○ Project Overview	1
○ Project Goals	1
○ Description	1
○ Team Member serving in the camp	2
○ Procedures	2
○ Schedule	2
○ Total no. of Patients	2
○ Achievement of the free health camp	2-6
○ Challenges encountered	6-7
○ Special note of Appreciation	7
➤ <b>PHOTOGRAPHS DURING HEALTH CAMP</b>	<b>8-11</b>
○ Registration of the Patients	8
○ Health-Check up by Doctors	8
○ Rush of Patients	9
○ Measurement of B.P done by Medical Staff	9
○ Dispensing of free Medicines	10
○ Camp Continues	10
○ Team member of camp	11

# **The Silent Features of the camp**

## **Project Overview**

- One Day Free Health Camp was organized on 20-08-2016.
- Venue - Social Eco Innovative Trust, Bagchauda-9, Belhi, Dhanusha, Nepal.

## **Project Goals**

- To provide free medical check-up and free health information to the community people and identify the common health problems of the community people in order to devise ways of addressing them with District Health Authorities.
- To help the patient in need by spot diagnosis, treatment and free medication supply.
- To provide both preventive and curative treatment for common condition in the community and refer to those who require specialized treatment to the relevant centers.
- To make a survey of disease - prevalence in our area and making statistical data.
- To create awareness and provide on counseling on Diabetes, Hypertensions and other ailments.
- To create awareness on the need for maintaining personal hygiene in Prevention of serious disabling diseases such as eye and dental, which are prevalent in the area due to dust and poor drinking water.
- The free medical camp also aimed at encouraging the use of available nutritious food products in the area; and discouraging drug/substance abuse among the community members.
- To provide information on prevention and management of preventable diseases and also to plan for treatment and prevention from prevalent diseases (planning to establish a health clinic according to prevalent diseases).

## **Description**

- General Health Check up by expert doctors and nurses.
- Free dispensing of medicines.
- Referred to Janki Medical Hospital for continuing treatment and follow-up.

### **Team member serving in the camp**

- The 18 team members including 4 Doctors, 2 Nurses, 6 Interns and 6 other staffs were involved in Free Health Camp.

### **Procedures**

- Free registration of patients.
- Free consultation from a no. of Doctors of national repute.
- Referred to relevant center (Janki Medical hospital) for specialized treatment and follow -up.

### **Schedule**

- Date: 20-08-2016, Saturday.
- Camp was started at sharp 8:00 am with inauguration by chairman of SEIT Nepal
- Camp ended at 5:00 pm.

### **Total no. of Patients**

- Total no. of patient registered:279
- Total no. of patient examined: 279

### **Achievement of the Free health Camp**

Patients and people with health problems started arriving at the venue at nearly 7:00 am to ensure that they were the first in the queue and by 5:00 pm everybody had been attended to. The event started with a medical check-up. Our Doctors, Nurses, Interns, Volunteers and other staffs worked kindly and co-operatively toward achieving the health camp objectives.

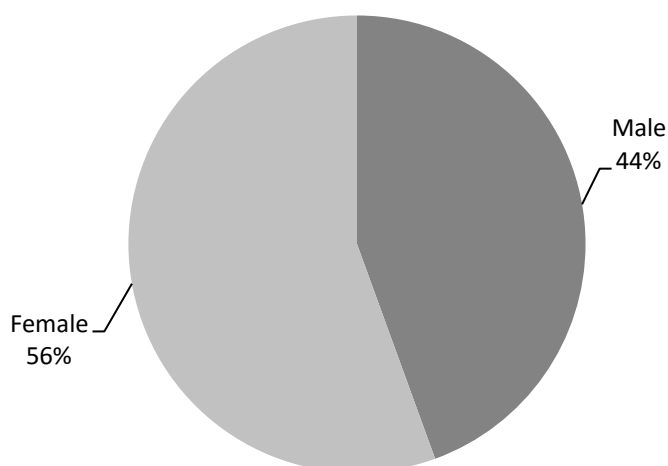
#### **a) Sex:**

<b>S.N</b>	<b>Variable</b>	<b>Frequency (N)</b>	<b>Percent (%)</b>
1.	Male patients	124	44.44%
2.	Female patients	155	55.55%
<b>Grand total</b>		<b>279</b>	<b>100%</b>

According to the data of free health camp organized by SEIT Nepal in Bagchauda-9, Belhi, we found total 279 no. of patients came for the health check up from all the nearby area of all age-group in which there is 44.44 % male and 55.55 % Female patients respectively.

According to the above data we found there is little more number of female patients than male patients.

### Patient in Health Camp



#### b) Age-group:

S.N	Variable	Frequency (N)			Percent (%)
		Male	Female	Total	
1.	0-4 years	8	9	17	6.09%
2.	5-9 years	10	5	15	5.37%
3.	10-14 years	20	6	26	9.31%
4.	15-19 years	11	5	16	5.73%
5.	20-24 years	1	7	8	2.86%
6.	25-29 years	6	10	16	5.73%
7.	30-34 years	3	20	23	8.24%
8.	35-39 years	2	24	26	9.31%
9.	40-44 years	4	10	14	5.01%
10.	45-49 years	7	11	18	6.45%
11.	50-54 years	4	15	19	6.81%
12.	55-59 years	12	9	21	7.52%
13.	60+ years	36	24	60	21.50%
<b>Grand total</b>		<b>124</b>	<b>155</b>	<b>279</b>	<b>100%</b>

Among total population, 6.09% patients are children of age-group 0-4 years, 5.37% patients are of age-group 5-9 years, 9.31% patients are of age-group 10-14 years, 5.73% patients are of age-group 15-19 years, 2.86% patients are of age-group 20-24 years, 5.73% patients are of age-group 25-29 years, 8.24% patients are of age-group 30-34 years, 9.31% patients are of age-group 35-39 years, 5.01% patient are of age-group 40-44 years, 6.45% patients are of age-group 45-49 years, 6.81% patients are of age-group 50-54 years, 7.52% patients are of age-group 55-59 years and 21.50% patients are of age-group 60+ years respectively.

From the above data, it was concluded that the majority of patients in health camp were of age-group 60+ years which comes under old and dependent age-group and the minority of patients in health camp were of age-group 20-24 years which comes under productive age-group.

**c) Chief complains:**

Among total patients, most of the patients came with the chief complains of the following condition:

- Muscle pain
- Abdominal pain (especially in epigastric region)
- Joint pain
- Cough and cold
- Fever
- Dizziness
- Vertigo
- Palpitation
- Nausea or Vomiting or both in some cases
- Itching in any specific body parts or whole body
- Tingling sensation of limbs
- Earache and in some cases discharge
- Headache
- Nasal bleeding
- Dental carries or tooth ache
- Shortness of breathe
- Chest pain
- Constipation
- Backache



- Redness all over the body
- Rashes on any specific body parts or whole body
- Multiple nodules/ boils/ follicle over face or any other body parts
- Eye irritation
- Blood in sputum
- Loose stool
- Edema (In hand or foot or both)
- Weakness
- Insomnia
- Decrease in appetite
- Pain in the ankle/ Calcaneum region
- Equinus deformity of bilateral leg
- Per vaginal (PV) discharge
- Staphylococcal infection or fungal infection
- Hypertension (known case)
- Osteoarthritis (known case)
- COPD (known case)
- Gastroenteritis (known case)
- Gastritis (known case)
- Otitis externa (known case)
- Upper respiratory tract infection (URTI) (known case)
- Impetigo (known case)
- Tinea fascitis or spondylotitis (known case)
- Hemiparesis (known case)
- Hypothyroidism (known case)
- Plantar fasciitis (known case)
- Chronic Suppurative Otitis Media (CSOM) (known case)
- Haemorrhoids (known case) e.t.c

Doctor advised them various medicines and consultation according to their health problem.

Women with gynecological problem and Girls in the age-group of 13 onwards were checked by lady doctors and they were given counseling about health problem and girls were also given counseling about adolescent health and problem.

Patients were also given instruction on nutrition and personal hygiene

Out of total 279 patients seen, the approximate chief complain of the patient was noted. The analysis was made on the basis of data collected from various doctors serving in the activity. This data may be used for future planning of eradication/prevention of these health problems from the community by government and/or NGOs.

Total 279 persons were benefited from camp. The success of the health camp was attributed to the high quality services and medicines provided together with the help of team member of the camp. A team member of the health camp worked nonstop from 8:00 am to 5:00 pm with a little break for a little bite and the community was greatly appreciative of their love and care.

This free health camp was well organized with regular meetings being held to plan for event. Identification of clear division of duties and responsibilities was agreed on by all team members. There was a steady flow of patients throughout the day and it made work easier especially in the recording data and dispensing of medicines.

### **Challenges encountered**

For this particular health camp, the following lessons have been noted for record and future enhancement of the logistics and general planning and management of the health camps.

- Health personnel: Due to planting session of the rice for the farmer and also due to limited time, SEIT Nepal has advertised the health camp only through pamphlets and banner. So, they have expected less no. of patients and arranged only limited doctors but when there was enough patient flow in the health camp, there was difficulty in managing patients due to improper doctor- patient ratio, which was the main constraint in the planning of the health camp.
- Medicine supply: People didn't understand the value of medicine and they misuse medicine when they are supplied at free of cost. So, SEIT Nepal have planned to supply medicine at 50% cost in next health camp.
- Time duration: Due to limited time, management of SEIT Nepal was unable to bring the medicine from the District Public Health Office. So, they have to afford total cost from the organization.

- Duration of health camp: SEIT Nepal had planned to have health camp on two days. However, it became evident that this was not possible especially due to the low funds. Lesson learnt here is that there is need for more funding for logistics which has been a major constraint.

### **Special note of appreciation**

Camp was successfully organized under the guidance of chairman Mr. Amit Shah, who believes that everything is possible with a bit persistence and strong will. His constant follow up and advice to the committee ensured that the health camp objectives were achieved.

Special thanks to Mr. Ram Dayal Shah who supported in the coordination of the camp. Camp was coordinated by Mr. Gajendra yadav and Mr. Guru Prasant shah.

Their energy, team spirit really helped in making the health camp a success.

Last and not least any health camp could not have been successful without the medical personnel as well as the patients who attended the health camp. A big thank you to all and we look forward to future partnerships to better our communities.

**PHOTOGRAPHS DURING HEALTH CAMP**  
**Free Health Camp at Baghchauda-9, Belhi**



Registration of the patients



Health Check-up by Doctors





Rush of Patients



Measurement of B.P done by the Medical Staff





Dispensing of Free Medicines



Camp Continues...



Team member of camp

**Organizer of Health Camp**  
*SEIT Nepal*  
*Baghchauda-9, Belhi, Dhanusha, Nepal*